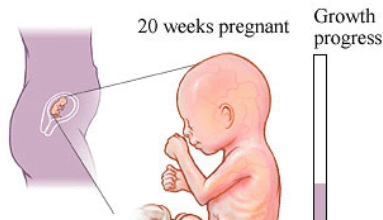


# Living Well, Working Well

## Pregnancy

- 1<sup>st</sup> Trimester
- 2<sup>nd</sup> Trimester
- 3<sup>rd</sup> Trimester
- Labor and Delivery
- Postpartum
- Baby's 1<sup>st</sup> 6 Months

### Fetal Development: 20 Weeks



#### End of fetal week

(5 months/20 weeks pregnant)

**Length:** 160 millimeters (6.3 inches)

**Weight:** 304 grams (0.66 pounds)

The first 20 weeks of pregnancy are the 2 weeks after you started your last period, plus the first 18 weeks you are pregnant (called fetal weeks).

### "Waaaaah" Is Really Okay

When you bring your newborn home, there's bound to be a lot more crying in your house. Babies don't cry because you're a bad parent—they're trying to tell you something.

So keep these tips in mind when your baby starts to cry (again):

- It is common for babies to cry for 1 to 3 hours a day. Some cry more, some cry less.
- Babies do not cry to make you upset or because you are a bad parent.
- Crying is how your baby talks to you. Your baby may be hungry, have gas, need a diaper change, or feel cold, warm, tired, lonely, or tense. And sometimes babies cry for unknown reasons.
- If you respond to your baby's needs, he or she will learn to trust you.
- Try to stay calm when your baby cries. Your baby may get more upset if he or she senses that you are upset.

## All About the First Trimester

Read about [pregnancy in detail](#), or see the articles below.

**Emergency?**

- [When to call 911 or your doctor](#)

**The First Weeks**

*Early signs of pregnancy*

- [About home pregnancy tests](#)
- [First-trimester changes in your body](#)

**Fetal Development**

*Tracking your baby's growth*

- [Development at 4 weeks](#)
- [Development at 8 weeks](#)
- [Development at 12 weeks](#)
- [Development from 4 weeks to full term](#)

**Adjusting to Pregnancy**

*Coping with emotional and physical changes*

- [Emotional ups and downs](#)
- [Managing morning sickness](#)
- [First-trimester changes in your body](#)

**Taking Care**

*Medical care and tests in your first trimester*

- [Your first prenatal visit](#)
- [First-trimester exams and tests](#)
- [Tests to think about in the first trimester](#)



## Your Information Prescription

Every pregnancy is unique. If you have health issues, you may have extra challenges. Tell your doctor about all your health concerns. Together, you can plan the best possible care. [Learn about health problems and pregnancy.](#)

### More about pregnancy

- [Tests in the first and second trimesters](#)
- [What causes miscarriage?](#)
- [E-Zine: Tips for a healthy pregnancy](#)

To read about how one woman dealt with the challenges of extra care, read [Katie's story](#).

### Pregnancy E-Zine • Big Page of Tips

#### ► TO EAT OR NOT TO EAT

What's healthy for you and your baby?  
What foods should you avoid?  
Here are some [food tips](#).

#### Rise and Shine

Still feeling lousy in the morning?  
Check out these [tips for morning sickness](#).

#### ACTIVITY FOR LIFE

How do I get active?  
How can I stay safe while exercising?  
What things should I not do?  
Get answers from these [tips for activity during pregnancy](#).

#### > Do's and Don'ts of Pills and Meds

Wondering about taking medicines while pregnant?

- Guidelines on [taking medicine during pregnancy](#)
- Deciding about [taking antidepressants while pregnant](#)

#### Other tips

- [Caffeine](#)
- [Immunizations](#)
- [Hot tubs and saunas](#)
- [Kegel exercises](#)
- [Sleep problems](#)
- [Travel](#)
- [Sex](#)



# Living Well, Working Well

## Headaches

- Understanding Headaches
- Medicine
- Headache Triggers
- Other Treatments
- Healthy Lifestyle


Headaches E-Zine • The Medicine Show

**FINDING THE RIGHT MEDICINE**  
Not all headaches are the same.  
You need the right medicine for your headache pain.  
Check out: • [Medicine for tension headaches](#)  
• [Medicine for migraine headaches](#)

**Name That Headache** Knowing what type of headache you have helps you get the best treatment.

> Ounce of Prevention or Pound of Cure

- > Different medicines do different things. Find out if you need [meds to prevent headaches, meds to get rid of them, or both.](#)
- > Learn about [side effects and drug interactions.](#)
- > Use [your headache](#) diary to help you find the best medicine.



### Diary for tracking potential headache triggers

#### Here's how to use this diary:

- Record the date and time when you eat, drink, or are exposed to items on your list of possible triggers.
- If you have a headache, write "yes" in the Headache column, and then in the next column write down when it begins and ends.
- To keep the process simple, track only three triggers at a time. Start with the ones you think are most likely.

Date	Trigger and time of exposure to it	Headache? Yes/No	When did headache start? When did it end?

### Are All OTCs the Same?

Look at the shelf of over-the-counter (OTC) headache medicines in your local drugstore and you may get a headache. How do you know which one to take? You see extra-strength, migraine, tension, sinus, PM, gels, caplets, tablets—the products go on and on.

But differences between these products may be more advertising than medicine. Before you buy, check the active ingredient list. How much do they differ?

Here are the active ingredients for six types of Excedrin.

Name	Active ingredients
Back and Body	Acetaminophen 250 mg Buffered aspirin equal to 250 mg aspirin
Extra Strength	Acetaminophen 250 mg Aspirin 250 mg Caffeine 65 mg
Tension Headache	Acetaminophen 500 mg Caffeine 65 mg
Migraine	Acetaminophen 250 mg Aspirin 250 mg Caffeine 65 mg
Sinus	Acetaminophen 250 mg Phenylephrine HCl 5 mg
PM	Acetaminophen 500 mg Diphenhydramine citrate 38 mg

Source: [www.excedrin.com](http://www.excedrin.com)

### Your Information Prescription

What do you know about headaches?

True or false:

- Lots of people say they have sinus headaches, so sinus headaches must be very common.
- Headaches are part of life, and you just have to live with them.

[Find out the answers and some other surprising facts about headaches.](#)

### 2. How often do you have headaches?

- ☐ Less than once a month
- ☐ 1 or 2 times a month
- ☐ 3 or more times a month

### 3. On a scale of 1 to 10 (1 is mild pain, and 10 is the worst pain you can imagine), how painful are your usual headaches?

- ☐ 1 - Mild pain
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10 - The worst pain you can imagine



## Reducing the Risks Prediabetes

- Understanding Prediabetes
- Setting Goals
- Healthy Weight
- Eating Healthy
- Getting Active
- Reminders

Choose one of these options for more about taking the right steps to healthy changes.  
I'd like to get messages about steps to success for:

- ☐ Being more active.
- ☐ Getting to a healthy weight.
- ☐ Eating healthier.



### Prediabetes

Prediabetes is a warning sign. It's like a flashing road. If you slow down, it's safer. But if you speed up, it's a risky business.

Prediabetes means your blood sugar is high. Not diabetes, but if you do nothing—if you zoom past—well develop diabetes.

[Type 2 diabetes](#) means your body doesn't make insulin or doesn't use insulin in the right way.

your food enter your cells to be used for energy.

Without insulin, the sugar builds up in your blood. Over time, this can lead to problems like heart disease and stroke. Damage to the body may begin when you have prediabetes.

### Personal Action Plan

<b>Step 1: Make sure your heart is in it</b>  What is your inspiration for making this change? What motivates you?  <i>"I want better fitness so I can play with my grandkids."</i>	<b>My reason for change is:</b>
<b>Step 2: Decide what you want to accomplish.</b>  Based on your answers above, decide what you want to accomplish in the long run. This is your long-term goal. Most people choose something that will take 6 – 12 months.  <i>"I want to walk in a 10k fun walk."</i>	<b>My long-term goal is:</b>
<b>Step 3: Define the small steps you will take to get there.</b>  Based on your long-term goal, figure out the small steps to take to reach the outcome you want. Think about short-term goals and they'll be there each week.	<b>My small steps for each week will be:</b>

Preventing Diabetes E-Zine: Let April Shower You With Good Health

#### GET THE FACTS: Who Can I See?

Which health professionals can help prevent or treat diabetes? Learn about the [people you can turn to for help](#).



#### Healthy Weight

- ▶ **Tracking Your Success**  
[Cool tools and trackers](#) help map your progress.



#### Activity

- ▶ **Go Slow to Get Ahead**  
With an activity program, doing too much too soon can burn you out. Learn to avoid this and other [common mistakes people make in fitness programs](#).



#### Eating Healthy

- ▶ **Grocery List Makeover**  
Do your food shopping habits help or hurt your health? Get tips for making [a healthier grocery list](#). Read about how [diet changes and community support helped one woman avoid diabetes](#).

#### MORE INFO: Is Surgery the Answer for Losing Weight?

Get the facts about [weight-loss surgery](#).